

Burnout, God's Enemy

James 5:17a (King James Version) Elias was a man subject to like passions as we are

I. The Consequences Of Burnout

A. We devalue our worth.

I Kings 19:4 (New international Version) while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

B. We exaggerate our problems.

I am the only one left, and now they are trying to kill me, too." vs. 10b

C. We abandon our dreams.

...he prayed that he might die. "I have had enough, LORD," he said. vs. 4

II. The Cure For Burnout

A. Rest your body.

I Kings 19:5-8 (New International Version) Then he lay down under the tree and fell asleep. All at once an angel touched him and said, "Get up and eat." [6] He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. [7] The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." [8] So he got up and ate and drank.

B. Release your frustrations.

Tell God How You Feel

Just let it all come out, it's healthy to release emotional pressures that are on the inside of us.

Lamentation 2:19 (New Century Version) "*Cry out in the night. Pour out your heart like water in prayer to the Lord.*"

Job 13:15 (Living Bible) God may kill me for saying this--in fact, I expect him to. Nevertheless, I am going to argue my case with him.

The Bible says in **Job 7:11** *"I can't be quiet. I'm angry. I'm bitter and I have to speak."* Job is brutally honest with God.

God can handle your questions and your anger.

Elijah Tells God How He Feels

I Kings 19:9-10a (New International Version) There he went into a cave and spent the night. And the word of the Lord came to him: "What are you doing here, Elijah?" [10] He replied, "I have been very zealous for the Lord God Almighty.

Being honest with God and yourself is the starting place of all recovery.

Elijah's Frustrations:

- Fear (vs. 3)
- Resentment (vs. 4)
- Low self-esteem (vs. 4b)
- Anger (vs. 10)
- Loneliness (vs. 10b)
- Worry (vs. 10c)

I Peter 5:7 (New International Version) Cast all your anxiety on him because he cares for you.

Psalms 58 – David vents his anger.

C. Refocus your attention on God.

I Kings 19:11a (New International Version) The Lord said, "Go out and stand on the mountain in the presence of the Lord, not in the earthquake.

Matthew 6:6 (Message) "Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

D. Resume serving others.

I Kings 19:15-16 (New International Version) The Lord said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. [16] Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha...

Rev. 2:5 (God's Word) Remember how far you have fallen. Return to me and change the way you think and act, and do what you did at first. I will come to you and take your lamp stand from its place if you don't change.